



## Adult Skill Levels

### BEGINNER NTRP Level 1.5:

This player has had no or limited experience with stroke development and is still working primarily on getting the ball into play. This player is not yet ready to compete.

### BEGINNER NTRP Level 2.0:

This player needs on-court experience, with an emphasis on play. This player struggles to find an appropriate contact point, needs stroke development/lessons and is not yet familiar with basic positions for singles and doubles.

### ADVANCED BEGINNER NTRP LEVEL 2.5:

This player is learning to judge where the ball is going when receiving the ball, although movement and recovery are not in sync. Can sustain a rally of slow pace with other players of similar ability and is beginning to develop strokes. This player is becoming more familiar with the basic positions for singles and doubles. This player is ready to play social matches, leagues and low-level tournaments. Potential limitations: grip weaknesses; not attempting full swing on serve; inconsistent toss on serve; limited transitions to net.

### INTERMEDIATE NTRP LEVEL 3.0:

This player is fairly consistent when hitting medium-paced shots but is not comfortable with all strokes and lacks execution when trying for directional control, depth, pace or altering distance of shots. Most common doubles formation is one up, one back. Potential limitations: consistency when applying or handling pace; difficulty handling shots “outside of their strike zone”; can be uncomfortable at the net.

### INTERMEDIATE NTRP LEVEL 3.5:

This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth, variety, and the ability to alter distance of shots. The effective use of lobs, overheads, approach shots, and volleys is limited due to a lack of confidence. This player is more comfortable at the net, has improved court awareness, and is developing teamwork in doubles. Potential limitations or strengths: “This is the level at which it begins to be about what skills a player can display on court, not what they can’t.” Players at this level may start to utilize mental skills related to concentration, tactics, and strategy.

### ADVANCED NTRP LEVEL 4.0:

This player has dependable strokes, including directional control, depth, and the ability to alter distance of shots on both forehand and backhand sides during moderately paced play, plus the ability to use lobs, overheads, approach shots, and volleys with more success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Potential strengths: less likely to beat themselves; more dependable second serve; recognizes opportunities to finish points.

### ADVANCED NTRP LEVEL 4.5:

This player has begun to vary the use of pace and spins, has good movement, can control distance and depth of shots, and is beginning to develop game plans according to strengths and weaknesses. This player can hit the first serve with power and accuracy and can place the second serve. This player tends to overhit on difficult shots. Aggressive net play is common in doubles. Potential strengths: points are won and lost off the serve more often; better able to cover weaknesses; beginning to develop a weapon around which their game can be built.



Community Park Tennis Complex: 365 John Street, Princeton, NJ 08540  
Eve Kraft Tennis Center: 92 Washington Road, Princeton, NJ 08550

## Fall 2022 Adult Classes September 12<sup>th</sup> – October 23<sup>rd</sup>

- 1<sup>st</sup> Session: 6 weeks outside
- Register using your online account or by calling (609) 520-0015
- \$25 withdrawal fee will be administered if player withdraws once a class begins
- **Sign-ups begin August 1<sup>st</sup>**. Annual Pass Holders receive 10% discount
- Classes will be held outdoors at Community Park South in Princeton with Indoor Backup at Eve Kraft Tennis Center.
- Please email if you have a special request for a private group lesson, other than sessions listed below, email – Gina Pileggi - [gina@ptp.org](mailto:gina@ptp.org)
- One credit per session in case of illness or injury with a doctor's note provided.

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Monday	Early Morning Workout	7:00am-8:30am	\$200	Sep 12	Oct 17
Monday	Senior Class	9:00am-10:30am	\$155	Sep 12	Oct 17
Monday	Adult Intermediate	9:00am-10:30am	\$200	Sep 12	Oct 17
Monday	Adult Advanced Beginner	10:30am-12:00pm	\$200	Sep 12	Oct 17
Monday	Adult Advanced Beginner	6:30pm-8:00pm	\$200	Sep 12	Oct 17
Monday	Adult Intermediate	7:00pm-8:30pm	\$200	Sep 12	Oct 17
Tuesday	Adult Beginner	10:30am-12:00pm	\$200	Sep 13	Oct 18
Tuesday	Adult Advanced Beginner	6:00pm-7:30pm	\$200	Sep 13	Oct 18
Tuesday	Adult Intermediate	7:30pm-9:00pm	\$200	Sep 13	Oct 18
Wednesday	Adult Advanced	9:00am-10:30am	\$200	Sep 14	Oct 19
Wednesday	Adult Advanced Beginner	5:00pm-6:30pm	\$200	Sep 14	Oct 19
Wednesday	Adult Advanced Beginner	6:30pm-8:00pm	\$200	Sep 14	Oct 19
Wednesday	Adult Intermediate	8:00pm-9:30pm	\$200	Sep 14	Oct 19
Wednesday	Adult Advanced	8:00pm-9:30pm	\$200	Sep 14	Oct 19

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Thursday	Adult Intermediate	10:30am-12:00pm	\$200	Sep 15	Oct 20
Thursday	Senior Class	2:00pm-3:30pm	\$155	Sep 15	Oct 20
Thursday	Adult Advanced	7:30pm-9:00pm	\$200	Sep 15	Oct 20
Friday	Adult Beginner	9:00am-10:30am	\$200	Sep 16	Oct 21
Friday	Adult Advanced Beginner	9:00am-10:30am	\$200	Sep 16	Oct 21
Friday	Adult Intermediate	10:30am-12:00pm	\$200	Sep 16	Oct 21
Friday	Adult Beginner	5:30pm-7:00pm	\$200	Sep 16	Oct 21
Saturday	Adult Advanced Beginner	7:00am-8:30am	\$200	Sep 17	Oct 22
Saturday	Adult Beginner	8:30am-10:00am	\$200	Sep 17	Oct 22
Saturday	Adult Advanced Beginner	8:30am-10:00am	\$200	Sep 17	Oct 22
Saturday	Adult Intermediate	8:30am-10:00am	\$200	Sep 17	Oct 22
Saturday	Adult Intermediate	10:00am-11:30am	\$200	Sep 17	Oct 22
Saturday	Adult Beginner	10:00am-11:30am	\$200	Sep 17	Oct 22
Saturday	Adult Advanced Beginner	10:00am-11:30am	\$200	Sep 17	Oct 22
Sunday	Adult Intermediate	8:00am-9:30am	\$200	Sep 18	Oct 23
Sunday	Adult Intermediate	9:30am-11:00am	\$200	Sep 18	Oct 23
Sunday	Adult Advanced Beginner	11:00am-12:30pm	\$200	Sep 18	Oct 23
Sunday	Adult Beginner	1:00pm-2:30pm	\$200	Sep 18	Oct 23
Sunday	Adult Intermediate	2:30pm-4:00pm	\$200	Sep 18	Oct 23